

Food allergies and intolerance

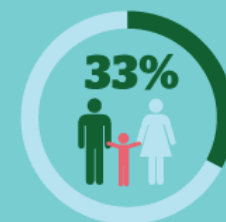
Food allergy reactions can include rashes, swelling and shortness of breath. Serious cases can lead to anaphylaxis and death.

Food intolerance can be caused by difficulties digesting certain ingredients. Symptoms include diarrhoea, bloating and stomach cramps.

Coeliac disease is caused by a reaction of the immune system to gluten. Symptoms include diarrhoea, tiredness, anaemia and osteoporosis.

Wheat allergy is most common in children, but **96%** will grow out of the allergy by the time they reach 16 years of age

10 Average number of allergy-related deaths per year



300,000
16- to 24-year-olds in the UK have food allergies

Celery
Soups, sauces, stews, stocks, bouillons, seasonings

Wheat

Processed foods, bread, cereals, pasta, desserts, baking powder, beers

Eggs

Pasta, noodles, soups, mayonnaise, desserts, pastries, chocolate

Mustard

Mayonnaise, barbecue sauce, fish paste, ketchup



32%
of adolescents prescribed adrenaline do not carry it with them

Peanuts

Satay sauce, curries, cakes, confectionery biscuits

Shellfish

Paella, gumbo, bouillabaisse, kedgeree

Sesame seeds

Bread, bread-sticks, houmous

62%
of allergy sufferers said in a survey that they felt their allergy "significantly affected all aspects of their lives"

Milk

Cheese, yoghurt, butter, ice cream, fromage frais, crème fraîche

Even when sold as non-dairy products called ice cream in the UK must contain at least 2.5% milk protein.

Milk protein is used in the manufacture of most condoms

The 14 major food allergens must be labelled if food isn't prepared on site

8%
of children have a food allergy

2m
people in the UK are living with a diagnosed food allergy

Sulphites
Dried fruit, meat, wine, beer

Molluscs

Mussels, land snails, oyster sauce

Tree nuts

Biscuits, pastries, cereal bars, ice cream, desserts, vegetarian products

Includes almonds, hazelnuts, walnuts, cashew, pecan, Brazil, pistachio, macadamia and Queensland nuts. Does not include peanuts, which are a legume.

In the UK, the prevalence of tree-nut allergies is **1.76%**

1 in 50
primary school-aged children



Lupin
Can be found in European bakery and pasta products

Soya

Bean curd, miso paste, desserts, ice cream

Fish

Caesar salad and Worcestershire sauce contain anchovies